Keep Your Unit Healthy

A Command Responsibility

General Leonard Wood Army Community Hospital

Fort Leonard Wood, Missouri

21 October 2004

Keep Your Unit Healthy

http://whyfiles.org/195bird_flu/images/vaccine.jpg

- There is a nation wide shortage of influenza vaccine for the 2004 – 2005 season
- Vaccine shortage will increase the risk of acquiring influenza
- Non-Vaccine Acute Respiratory Disease Intervention is critical to reduce the spread of respiratory illness.

Keep Your Unit Healthy

- If a trainee feels sick, send him/her to the Troop Clinic immediately
- Separating a sick trainee from the rest of the unit will help prevent the spread of infection

http://chppm-www.apgea.army.mil/news/cdp/VictimofDiseasePost3.pd

Keep Your Unit Healthy

Never Ignore:

- Fever
- Rash
- Difficulty breathing
- Nausea/Vomiting
- Diarrhea
- Severe and lasting belly pain!

http://chppm-www.apgea.army.mil/news/cdp/VictimofDiseasePost1.pdf

Keep Your Unit Healthy

- Look after your Battle Buddy!
- Notify Drill Sergeant if Battle Buddy feels ill

http://history.amedd.army.mil/default_index2.html

Keep Your Unit Healthy

http://chppm-www.apgea.army.mil/doem/pgm34/HIPP/Heat%20Can%20Kill!1.pdf

Enforce Personal Hygiene

- Hand washing is paramount
- When soap and water are not available, use personal hand sanitizers

Enforce Personal Hygiene

www.geh.org/.../htmlsrc/ m198502140013_ful.html

Ensure trainees wash hands:

- After using the latrine
- After sneezing or blowing nose
- Before touching food

Enforce Personal Hygiene

- Cover the mouth with sleeve or tissue when sneezing or coughing
- Keep hands away from face
- Get enough sleep, per TRADOC Reg 350-6

http://chppm-www.apgea.army.mil/heat/#_GTAAFS

Keep Your Unit Healthy

- Place a face mask on soldiers who cough or sneeze
- Remove soldier from the group (isolate), and send to clinic
- Your Troop Clinic has a special patient care area for Service Members with acute respiratory illnesses like influenza

http://www.usmc.mil/marinelink/image1.nsf/Lookup/20031031143043/$file/MP1_lr.jpg

Keep Your Unit Healthy

- Examples of surgical/ face masks
- Different styles may be available
- Unit should obtain a supply to give soldiers with respiratory symptoms

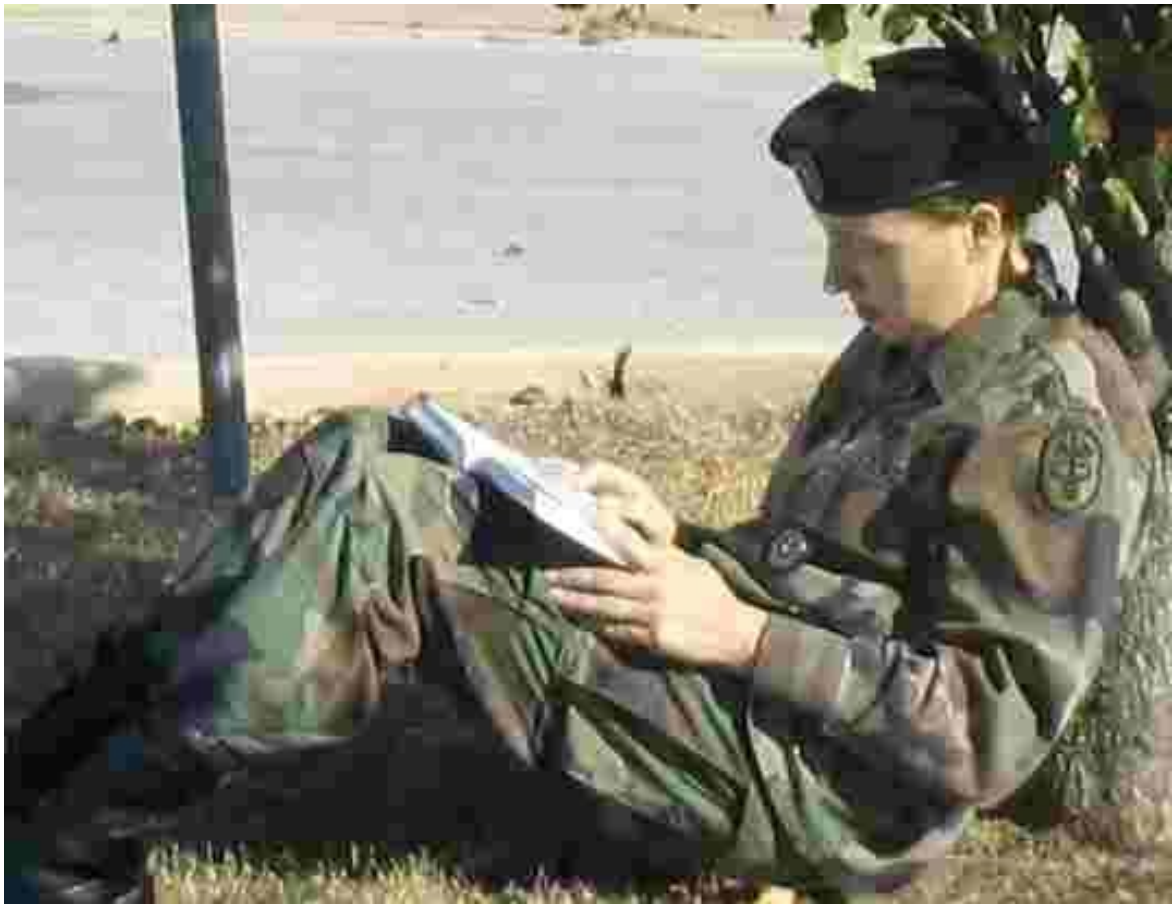
Maintain Healthy Living Conditions

- Keep all areas clean and disinfected
- Arrange bunks so trainees sleep head to toe
- Maintain good spacing between bunks
- Open windows on both sides of barracks for several hours daily, weather permitting

http://history.amedd.army.mil/booksdocs/wwii/Malaria/figures/figure19.jpg

Keep your Unit Healthy

- Encourage health of body, mind, and spirit
- The health of one affects the health of the others



www.cs.amedd.army.mil/…/ Info/devotionals.htm

Conserve the Fighting Strength

- A healthy soldier is an effective soldier
- Soldier well-being is a command responsibility
- Our people are our most precious resource

http://www.25idl.army.mil/deployment/OIF%20Iraq/PreDeployment/combinedpictures.